

Coming Up This Week:

When	Program	Time	Location	Cost
Apr. 29	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Apr. 29	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Apr. 29	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Apr. 29	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 30	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 30	Tech Help	10 am – 11:30 am	YECC	\$2.00
Apr. 30	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 30	Glass Lanterns	CANCELLED		
May 1	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 1	Volunteer Appreciation Tea	12 pm – 2 pm	YECC	Free
May 1	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 1	ESSEINTRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
May 2	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 2	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 2	Fundamentals of Photography	9:30 am – 12:30 pm	YECC	\$120.00
May 2	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 2	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 2	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 2	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 2	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 3	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 3	Declutter and Downsize	9:30 am – 11:30 am	YECC	\$25.00
May 3	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 3	Fundamentals of Photography	9:30 am – 12:30 pm	YECC	\$120.00
May 3	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 3	Essentrics for Seniors	1 pm – 1:45pm	YECC	\$10.00

Please Note:



SWESA Volunteer Appreciation Tea

In 2018, volunteers contributed over 7,000 hours! If this amount were translated into wages, this has saved SWESA over \$105,000. With sincere appreciation for your friendship and goodwill, we ask those of you who have donated your time and talents to join us for a light lunch; let's celebrate SWESA's progress. We are delighted to welcome the grades 3/4 choir from Monsignor Fee Otterson School for a performance.

When: Wednesday, May 1 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Free **LET US KNOW YOU ARE COMING! New volunteers welcome.**



THE SWESA LIVE ACTIVE EXPO - Promoting Health & Wellness

The SWESA Live Active EXPO has 5 themes to introduce you to. They are as follows:

- Motion is Lotion
- Fuel Your Machine
- Mend Your Mind
- Partners in Health
- Grow Your Future

We have a Keynote Speaker: Dr. Billy Streaan, various musical groups and singers to entertain, lots of free food and drink at our Café SWESA, break out sessions (learn Tai Chi, stretching and Square dancing) and over 45 vendors.

INVITE YOUR FRIENDS, YOUR FAMILY, YOUR NEIGHBOURS. It's all about Living Active (Physically, Mentally and Socially)



Fundamentals of Photography

When: Thursday, May 2 and Friday, May 3, from 9:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: \$120 Registration is required by April 25.

Declutter and Downsize in a Holistic Way

When: Fridays, May 3 and 10, from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Cost: Member \$25 Registration is required by April 25.

ESSETRICS Tone for Golfers: Level 3

When: Wednesdays, May 8, 15, 22, 29 from 12:30 pm – 1:30 pm

Location: Yellowbird East Community Centre

Cost: \$48 per person for all four classes Registration is required by April 26.

Better Choices, Better Health: Chronic Pain

When: Tuesdays, May 8 to June 12, from 9:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: Free Registration is required by May 1.

Yellowbird East Community Centre Parking

Now that the snow has melted and the parking space lines are again visible, could we please use one parking spot per vehicle? We have some major events coming up and would like to accommodate as many people as possible. Also note that the space south of the garbage bin is left to allow for easy removal of the bin and is not a parking spot.

